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'MAIDEN' THE UK

Tracy Edwards led the first all-female crew to sail around the world. 20

Wayfair workers, supporters protest furniture sale to border camp. 14

Grilling dos, don'ts, and must-trys from Michael Chernow and Dan Churchill. 25

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THINGS TO KNOW

Photo of drowned migrants at border draws global attention

Oscar Alberto Martinez and 2-year-old daughter Valeria died traveling from El Salvador.

A harrowing photo of a man and his young daughter who drowned on the U.S.-Mexico border has brought global attention to the dangers for a wave of mostly Latin American migrants traveling north, with Pope Francis on Wednesday expressing "immense sadness" at the deaths.

The picture of Oscar Alberto Martinez and his 24-month-old daughter Valeria has gone viral on social media and sparked renewed debate about the plight of refugees and migrants who are mostly from Central America. The pair had traveled from their home country of El Salvador and were seeking asylum in the United States.

The photo shows them facedown in the reeds on the bank of the Rio Grande River. The father had apparently stretched his T-shirt over her to form a makeshift baby sling, and their heads are nestled together. Her red shorts bulge with a waterlogged diaper.

"With immense sadness, the Holy Father has seen the images of the father and his baby daughter who drowned in the Rio Grande River," Vatican spokesman Alessandro Gisotti said.



REUTERS

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Vatican spokesman Alessandro Gisotti

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The Vatican newspaper, *L'Osservatore Romano*, put the picture on its front page.

"The pope is profoundly saddened by their deaths, and is praying for them and for all migrants who have lost

their lives while seeking to flee war and misery."

The portrait has galvanized attention toward record numbers of Central American migrants reaching the United States this year despite a crackdown by the administration of U.S. President

Donald Trump. Many flee their homes in Central America to escape high levels of criminal violence.

Trump, speaking at the evangelical Christian Faith and Freedom Coalition on Wednesday, said the problem at the border "could be fixed instantaneously" if Democratic lawmakers would work with him on fixing immigration laws.

"We cannot tolerate the endangerment, abuse or smuggling of children and the only way to really stop it is to change the law and the Democrats can do that immediately."



PREVIOUS PHOTO

The U.N. refugee agency UNHCR compared the photograph to the picture of refugee child Alan Kurdi whose body washed up on a beach in Turkey in 2015.

Kurdi was part of a Syrian refugee wave that caused panic in Europe, prompting Turkey to effectively shut down the migrant route through Greece at the European Union's behest.

Since then, many countries have erected barriers to migrants and some, like the European Union and the United States, have pressured their neighbors to cut the numbers of

people trying to make the journey.

The picture symbolizes the failure to deal with the desperation of migrant seekers, the U.N. refugee agency said.

U.N. High Commissioner for Refugees Filippo Grandi said they had risked their lives because they could not get the protection they were entitled to under international law.

"The deaths of Oscar and Valeria represent a failure to address the violence and desperation pushing people to take journeys of danger for the prospect of a life in safety and dignity," he said in the statement. REUTERS

Brazil airman in Spain coke bust before prez stopover

2 Spanish police have arrested a member of the Brazilian Air Force who carried three bags full of cocaine on a military plane to Seville hours before President Jair Bolsonaro's was scheduled to take a stopover there, police and officials said on Wednesday. The Brazilian Air Force said in a statement the airman was arrested on suspicion of drug trafficking and the case was also being investigated by the country's military police. A Spanish police

source told Reuters officers discovered 86 pounds of the drug in three pieces of luggage, which they checked on Tuesday while the plane was waiting to continue its journey to Tokyo. The suspect was supporting Bolsonaro's trip to Japan for this week's G20 meeting, Vice President Hamilton Mourao told journalists in Brasilia. The airman had been assigned to remain in Spain and embark on the president's plane for the final leg of his return trip. REUTERS

House panel votes to subpoena Conway

3 The U.S. House of Representatives Oversight Committee voted 25-16 on Wednesday to subpoena testimony from White House senior adviser Kellyanne Conway after she failed to appear at a hearing about her alleged violations of the Hatch Act, a law that limits federal employees' political activity. The Office of Special Counsel (OSC), a U.S. government watchdog agency, earlier this month recommended Conway

be fired for repeatedly violating the Hatch Act by disparaging Democratic presidential candidates while speaking in her official capacity during television interviews and on social media. Consistent with a pattern of stonewalling numerous congressional investigations of President Donald Trump, his administration and business interests, the White House has asserted that Conway did not need to testify to the committee. REUTERS

Manafort to be arraigned in New York on Thursday

4 Paul Manafort, the former campaign chairman for President Donald Trump, will be arraigned on Thursday in a New York court in Manhattan on state criminal charges, after having been convicted last year on federal fraud charges. Manafort, 70, is scheduled to appear before Justice Maxwell Wiley of the state Supreme Court on Thursday at 2:15 p.m., court spokes-

man Lucian Chalfen told Reuters. Manafort faces 16 felony charges brought by the Manhattan district attorney. The state charges include mortgage fraud, conspiracy and falsifying business records, and relate to efforts by Manafort to obtain millions of dollars in loans on New York properties between 2015 and 2017. Manafort's lawyer, Todd Blanche, declined to comment on the arraignment. REUTERS

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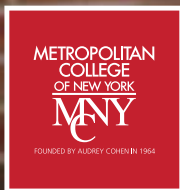
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NEWS

AOC-backed progressive declares victory in Democratic primary

Tiffany Caban appears to have defeated Melinda Katz for the Democratic DA nomination.

Political newcomer Tiffany Caban, a progressive Democrat endorsed by U.S. Rep. Alexandria Ocasio-Cortez, declared victory in a close-run primary race for district attorney in the New York City borough of Queens.

Votes were still being tallied early on Wednesday, and Caban's rival Melinda Katz — seen as the main establishment candidate — had not conceded, the New York Post and other media reported.

But Caban, a former public defender of Puerto Rican descent, told her supporters, "We did it, y'all," in footage of a rally posted online just after midnight.



Queens district attorney candidate Tiffany Caban (center).

REUTERS

A victory by the 31-year-old would mark a fresh signal of the growing power of the progressive wing of the Democratic Party as it pushes a populist platform across the country in the run up to the 2020 presidential election.

It also would highlight the political appeal that

Ocasio-Cortez, known by her initials, AOC, has cultivated since she upset a longtime incumbent Democrat in a primary race a year ago.

Initial, unconfirmed results posted online by New York City's Board of Elections suggested Caban had a narrow lead over Katz, an

established centrist who serves as president of the Queens borough.

With 99 percent of polling stations reporting, Caban had nearly 40 percent of the vote, according to the unofficial returns.

Katz was trailing with 38.3 percent of the vote, the results showed, 5 1/2

hours after polls closed. Five other candidates on the ballot trailed behind and there were still 3,400 absentee ballots to be counted.

With Democrats outnumbering Republicans in Queens, the winner of Tuesday's Democratic primary is expected to easily defeat a Republican opponent in November's national election.

Competition for the office has been uncharacteristically fierce since Richard A. Brown, who served as district attorney for more than 25 years, announced his retirement in January. Brown died in May, a month before his scheduled departure.

The primary race in the diverse borough with working-class roots was seen as a litmus test for the appeal of progressive versus traditional candidates.

Caban, who identifies

as queer, ran a grassroots campaign, raising funds from small cash contributions.

She promised to close New York's Rikers Island jail without replacing it, to decriminalize prostitution and to end cash bail for all criminal offenses.

Her agenda gained her several high-profile endorsements, on top of Ocasio-Cortez. Bernie Sanders and Elizabeth Warren, leading progressives in the U.S. Senate and candidates for the Democratic nomination for president, both backed her.

Both Sanders and Ocasio-Cortez posted tweets congratulating Caban on the apparent win.

Sanders wrote: "This is a victory for working people everywhere who are fighting for real political change and demanding we end cash bail, mass incarceration and the failed war on drugs." REUTERS



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Port Authority Bus Terminal in New York City.

GETTY IMAGE

Port Authority mulls toll, fare hikes across the New York area

Travelers may end up paying more in bridge/tunnel tolls and PATH fares.



NATE HOMAN
letters@metro.us

The Port Authority of New York and New Jersey, which operates New York's airports and several local bridges and tunnels, is proposing toll and fare hikes across the board, some of which could take effect this fall.

Board members on Thursday will discuss the proposed increases on tolls at its bridges and tunnels and fares on its PATH rail service and on trains to JFK and Newark Liberty International airports. Fares on the air trains to Newark and JFK airports haven't risen in more than a dozen years, and on PATH trains fares haven't risen in five years.

The Port Authority Board also will seek a \$4 surcharge on app-based car services and taxis when they pick up fares at local airports, much to the dismay of ride-hailing apps Uber and Lyft as well as the Taxi Workers Alliance.

According to CBS New York, cash tolls would rise from \$15 to \$16,

and E-ZPass rates would rise \$1.25 for both peak and off-peak periods, by the beginning of 2020. Officials said the hikes are meant to keep up with inflation and fund much-needed improvement projects.

The the Lincoln and Holland tunnels, the George Washington Bridge, Bayonne Bridge, Goethals Bridge, and Outerbridge Crossing would be affected by the toll hikes.

Meanwhile, The New York Taxi Workers Alliance expressed outrage over the proposed surcharges.

"Everybody out there knows that there's an unprecedented crisis for the drivers in this industry. Uber and Lyft drivers are still earning below minimum wage," Bhairavi Desai, of the New York Taxi Workers Alliance told CBS New York. "We've had nine driver suicides because of all the financial upheaval and instability."

As an act of protest, drivers may refuse to transport travelers to local airports.

"Drivers are in crisis but the Port Authority underestimates our resolve," Desai told NBC New York. "If they want a fight, they got one. Drivers: Get ready to shut down the airports."



Holland tunnel will be one of the affected tunnels. ISTOCK IMAGE

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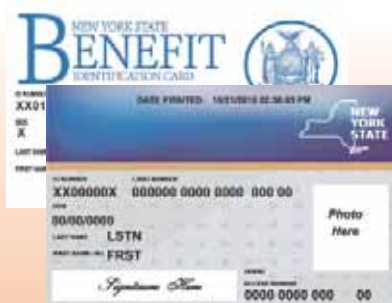
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Don't feed the squirrels!

GETTY IMAGES

The countdown is on to uncovering Central Park's squirrel population

They may be cute, but please don't feed them.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

If you've ever wondered how many squirrels there are in Central Park, don't worry, The Central Park Squirrel Census has got you covered.

The Central Park Squirrel Census was performed by 323 volunteers dubbed the "Squirrel Sighters." They recently revealed that Central Park is home to 2,373 Eastern Grey Squirrels. The census started collecting data on the critters in October of 2018. The sighters included members of The Explorers Club, NYU Department of Environmental Studies, Macaulay Honors College, the Central Park Conservancy, and New York City Department of Parks & Recreation.

The census focused on eastern grey squirrels, since they are the only species of squirrel found in New York City.

The New York Department of Parks and Recreation says that although eastern grey squirrels are primarily grey, others in the city may be darker gray, black, brown or even rusty in color.

Officials also warn that residents keep their windows closed, as the animals aren't shy about setting up shop in apartments.

And, know this: Do not feed the squirrels.

Officials stated that "squirrels are very capable of finding their next meal, and can even store extra food away to eat later. Handouts can endanger squirrels by causing them to lose their ability to search for their own food."

It's rare that these squirrels carry rabies and transmit them to humans.

The Parks and Recreation office also noted that squirrels maybe only live three to five years in the city, but can live up to 10 in rural areas.

For more information the Central Park Squirrel Census, you can purchase the study online, for \$75. The multimedia story includes a map of the park, an audio report compiled by sighters, postcards, baseball cards, and more.

2,373
The Central Park Squirrel Census recently revealed that Central Park is home to 2,373 Eastern Grey Squirrels. The census started collecting data on the critters in October of 2018.

Eastern gray squirrels may be cute, but the New York Department of Parks and Recreation suggests keeping your distance, as they are known to bite humans. NYC of-



Metropolitan Museum of Art in New York. REUTERS

Court rules Picasso sold during Nazi flight can stay at Met

A masterpiece painted by Pablo Picasso that a German Jewish businessman was allegedly forced to sell to fund his escape from the Nazis can stay at the Metropolitan Museum of Art in New York rather than be returned to the businessman's heirs, a federal appeals court ruled on Wednesday.

The 2nd U.S. Circuit Court of Appeals in Manhattan said the great-grandniece of Paul Leffmann, who once owned Picasso's "The Actor," waited too long by not demanding the painting's return until 2010, which was 72 years after it was sold and 58 years after it was donated to the Met.

Writing for a three-judge panel, Chief Judge Robert Katzmann recognized that the federal Holocaust Expropriated Art Recovery Act of 2016 and other recent measures respected the need to provide "some measure of justice, albeit incomplete," to victims of Nazi brutality and their heirs.

But he said it would be unfair for the Met to give up the Picasso to Leffmann's great-grandniece, Laurel Zuckerman, given the "unreasonable" delay in

demanding its return.

"This is not a case where the identity of the buyer was unknown to the seller or the lost property was difficult to locate," Katzmann wrote. "The Met has been prejudiced by the more than six decades that have elapsed since the end of World War II."

"The Met has been prejudiced by the more than six decades that have elapsed since the end of World War II."

Robert Katzmann, chief judge

Zuckerman's lawyer had no immediate comment. A lower court judge also sided with the Met in February 2018.

According to the

complaint, Leffmann sold "The Actor" to a Paris art dealer for \$12,000 to fund the escape by him and his wife to Switzerland from Italy, which was then led by Benito Mussolini, an ally of Adolf Hitler.

Zuckerman said the Met did not properly recognize Leffmann's ownership until 2011, after decades of incorrect cataloging.

A Met spokeswoman said the museum "considers all Nazi-era claims thoroughly and responsibly," and has returned works that were unlawfully appropriated.

The Picasso was not such a work, she said, adding "and it is our responsibility and joy to share it with the widest possible audience."

The 2016 federal law gives people six years to file claims after learning the whereabouts of artwork lost between 1933 and 1945 because of Nazi persecution.

Painted during Picasso's "Rose Period" in 1904 and 1905, "The Actor" also made news in January 2010 when an art student lost her balance and fell into it. The resulting 6-inch tear was repaired. REUTERS

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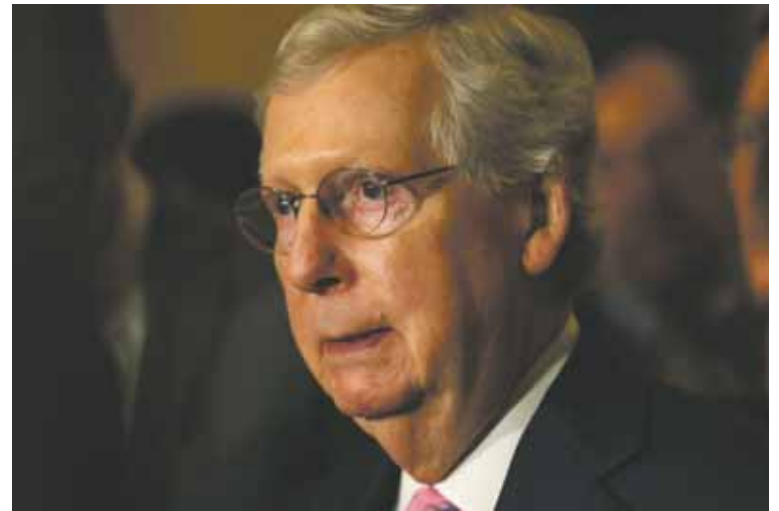
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U.S. Senate Majority Leader Mitch McConnell speaks to the news media.

REUTERS IMAGES

Senate passes border aid bill, sends it to House

Lawmakers hope
for bill passage be-
fore July 4 recess.

The U.S. Senate on Wednesday approved a \$4.6 billion bill to address the migrant surge at the border with Mexico, setting up a negotiation with the House of Representatives and President Donald Trump over the funds and how they should be spent.

Trump on May 1 requested the aid for programs that house, feed, transport and oversee record numbers of Central American families seeking asylum in the United States and straining capacity at migrant shelters in border cities.

The Republican president, who spoke with Democratic House Speaker Nancy Pelosi on Wednesday, told reporters he believed Pelosi "wants to get something done." He was optimistic about a congressional solution to help U.S. officials at the border who say they are overwhelmed by the surge of migrants.

Congressional leaders have a choice between a bill from the Republican-controlled Senate and a more restrictive \$4.5 billion bill passed by the Democratic-led House on Tuesday night. They also could strike a

compromise and send that to Trump.

With U.S. officials saying they will run out of money for border agencies soon, leaders of both parties stressed that the need is great.

"We've got border patrol agents right now pulling money out of their own pockets to pay for diapers for these kids," Rep. Steve Scalise, the No. 2 House Republican, told reporters.

The House passed a bill containing health and nutrition standards for migrants in custody as well as other controls on U.S. immigration agencies following reports of poor conditions facing children at overcrowded facilities. Trump has threatened to veto that approach and the Senate rejected it on Tuesday.

The Senate then passed its own proposal, which has fewer restrictions than the House version, but includes money — left out by the House — to pay overtime for Immigration and Customs Enforcement (ICE) employees. It also includes \$145 million to help the Defense

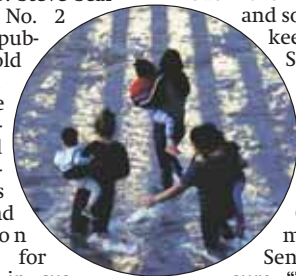
Department cover costs for Pentagon operations at the border that Trump ordered.

The two chambers must resolve their differences before sending legislation to Trump to sign into law. This puts Pelosi in a tough position. She worked hard to convince many progressive Democrats to back the House bill, and some are not keen on the Senate version.

Democratic Rep. Alexandria Ocasio-Cortez dismissed the Senate's measure. "The Senate bill is not a humanitarian bill by any stretch of the imagination," she told reporters.

Pelosi called Trump on Wednesday to "try to reconcile" the House and Senate bills and they talked for 15 minutes, a senior Democratic aide said. Senate Democratic Leader Chuck Schumer said Pelosi suggested a few changes but Schumer did not outline them.

The Senate bill does not fund any additional ICE detention beds, and prohibits officials from using any of the appropriated funds for other purposes. **REUTERS**



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SEX, LIES AND LAWMAKING



Duncan Hunter.

GETTY IMAGES

ANALYSIS

TOM FOREMAN



Accusations of get-away weekends with secret lovers, embezzled money, and not-so-subtle winks at the idea of stealthy sex in the shadow of the U.S. Capitol. For sheer potboiler fun and delightful tawdriness, it's hard to beat the latest court documents

filed against Republican Congressman Duncan Hunter.

Unwrapped this week like an overripe California roll, the reeking new accusations are being piled on the already steaming case against Hunter and his wife for allegedly embezzling campaign funds to support their lavish lifestyle. She's now cooperating with prosecutors. He's still denying any wrongdoing — saying this is the work of politically motivated prosecutors. But boy howdy, does the evidence seem extensive.

In short, the new filings claim the arch-conservative lawmaker from California had — count 'em — five affairs with five women, none of them being Mrs. Hunter, and all the trysts partially funded with campaign cash.

For example, the papers say he took a trip to a place called (I kid you not) Heavenly Mountain Resort, where he and a female lobbyist “spent the weekend skiing, ordering room service, and enjoying the amenities.” Then, prosecu-

tors say, Hunter used his campaign credit card to cover the \$1,008 tab.

The state claims he took the same woman on a double date to Virginia Beach, where he dropped about \$900; to a concert, where “Hunter spent \$121 ... on beer, nachos and wings”; and on a golf outing with “greens fees for two, 10 beers, an Adidas shirt and a visor.” And it was all paid for, prosecutors contend, with campaign money.

Furthermore, they say campaign money was used for dinners, cocktails and Uber rides connected to a woman who worked for Republican Congressional leadership; another woman from his office, of whom the papers say “the two occasionally spent nights together”; and another lobbyist ... and another.

Like I said, Hunter disputes it all, and he'll get a chance to disprove those claims if his case goes to trial this fall as expected. But until then, if you're looking for a hot summer read, the sordid tale of the allegedly wayward congressman is a scorcher.



NYC Foam Ban

Businesses are banned from possessing, selling or using certain foam products in NYC, and tickets will be issued for violations starting July 1, 2019.

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sanitation

Wayfair workers, supporters protest furniture sale to immigrant camp

Both AOC and Elizabeth Warren supported the demonstration.

Several hundred people, including employees of Wayfair Inc., rallied in Boston on Wednesday to protest the online retailer's sale of furniture for a Texas detention facility housing migrant children.

It was the latest outpouring of anger over Republican President Donald Trump's efforts to crack down on illegal immigration. The protest drew the support of high-profile Democrats including U.S. Rep. Alexandria Ocasio-Cortez and

U.S. Sen. Elizabeth Warren of Massachusetts, a presidential candidate.

Wayfair employees walked off the job at 1:30 p.m. to protest an order for more than \$200,000 of bedroom furniture destined for a facility in Carizo Springs, Texas, that would house migrant children seeking asylum. After about an hour, many in the crowd drifted away from the rally.

Employees have cited an internal document on the sale. A posting on Twitter, on @wayfair-walkout, said that 547 employees had signed a petition demanding that Wayfair halt all business with border camps. "CEO said no," the tweet said.

They demanded that Wayfair stop selling to migrant detention camps and that it give profits of the sale, which they claim amount to \$86,000, to a Texas-based nonprofit agency offering legal services to immigrants.

"There is more to life than profit," said Tom Brown, a 33-year-old engineer at Wayfair. "What is right is not cut and dry."

Wayfair did not respond to multiple requests for comment. It has made no public comment and has not denied the sale.

The company on Wednesday emailed employees to say it was making a \$100,000 do-



Wayfair employees protest sale of beds to migrant detention centers for children. ALL GETTY IMAGES

nation to the American Red Cross, according to an online posting by protest organizers and by employees attending the protest who received the email.

"That was not what we asked for," said Madeline Howard, 29, a Wayfair product manager.

Some in the crowd carried signs with messages including "a cage is not a home" and "a prison with a bed is still a prison."

Wayfair management rejected the petition's demands in an internal memo on Tuesday, according to the Boston Globe.

"We also believe in the



importance of respecting diversity of thought within our organization and across our customer base," the unsigned letter read, according to the newspaper. "No matter how strongly any one of us feels about an issue,

it is important to keep in mind that not all employees or customers agree."

Criticism has mounted this week over the detention of migrant children in overcrowded, squalid conditions. REUTERS

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U.S. women's soccer team co-captain Megan Rapinoe.

REUTERS

Trump slams Rapinoe for spurning potential White House invite

"We haven't yet invited Megan or the team," the president tweeted.

President Donald Trump took to Twitter on Wednesday to criticize U.S. women's soccer team co-captain Megan Rapinoe for saying she would not visit the White House if the team won the World Cup.

Defending champions the United States face hosts France in the quarterfinals on Friday.

"Psssh, I'm not going to the f---ing White House," Rapinoe said in response to a question by a reporter from soccer magazine Eight by Eight when asked if she was excited about a potential White House invite.

In a video of the exchange that has since been posted on social media, Rapinoe, 33, adds, "No. I'm not going to the White House. We're not going to be invited. I doubt it."

Trump responded in a series of tweets later on Wednesday.

"Women's soccer play-

er, @mPinoe, just stated that she is 'not going to the F...ing White House if we win,'" he said.

"I am a big fan of the American Team, and Women's Soccer, but Megan should WIN first before she TALKS! Finish the job! We haven't yet invited Megan or the team, but I am now inviting the TEAM, win or lose."

"Megan should never disrespect our Country, the White House, or our Flag, especially since so much has been done for her & the team. Be proud of the Flag that you wear. The USA is doing GREAT!"

Rapinoe was one of the first American athletes to join former NFL quarterback Colin Kaepernick's protest against police brutality by kneeling during the national anthem.

Trump's latest tirade follows his cancellation of a White House invitation to Super Bowl champions the Philadelphia Eagles last year in the wake of the Kaepernick protests.

The president said

at the time that he had withdrawn his invitation to the Eagles after the team disagreed with his insistence on players being made to stand for the national anthem.

"I am a big fan of the American Team, and Women's Soccer, but Megan should WIN first before she TALKS! Finish the job!"

President Trump

He also decided not to extend a White House invitation to either of last year's NBA finalists, the Cleveland Cavaliers and Golden State Warriors, after the Cavaliers' LeBron James and Warriors' Stephen Curry said they would skip the visit. REUTERS

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READER WRITE-INS:

NO CILANTRO MEANS NO CILANTRO!

Last night I went to a Mexican restaurant and asked for no cilantro on my dish because I feel like it tastes like soap. I usually try to not order salsa at most places because it is usually included, so that's what I did this time. When my food came out, it was garnished with cilantro! I was able to get it all off to avoid the taste, but it was still a little annoying. The bartender noticed and gave me a free round of drinks, so at least that was a plus.

— Andy, Metro Boston reader



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Aries Review your life. A robust set of ethics and morals will see you through any dilemma you face. Change can be useful if you take your time and think matters through.



Libra Keep the momentum going until you reach your goal. Refuse to let someone's negativity or criticism cause you to give up. Follow your intuition, and trust and believe in yourself.



Taurus Evaluate your eating and exercise habits, and make adjustments. Check out organizations in your community that can help you achieve your goals. Feeling good will improve your attitude and personal life.



Scorpio Take care of small but essential details. If someone needs help, offer it without being judgmental. Anger won't help you solve a problem, while understanding and patience will.



Gemini Make a subtle change. Research the possibilities and consider what you can afford. Don't buy into a scam. Good results come with hard work and discipline.



Sagittarius Spend time with someone you enjoy being around. An adventure will take your mind off some of the tedious jobs that have been weighing you down. Make plans with a loved one.



Cancer Offer suggestions but don't take charge, or you will end up doing all the work while someone else takes the credit. Make it clear what you want, and don't undervalue your skills.



Capricorn Nothing will go according to plan. Oversee everything that someone else is handling. If you look out for your interests, you will save money and time. An emotional matter will require patience.



Leo Don't be too quick to get involved in an idea that sounds lucrative but risky. Put your energy toward a practical deal or a lifestyle change that will bring long-term benefits.



Aquarius Participate in something that sounds like fun. Getting out with friends or reconnecting with someone from your past will help you put your life and goals in perspective.



Virgo Spend time with someone who enjoys the same things you do. Whether at work or play, you'll accomplish far more by surrounding yourself with positive, like-minded people.



Pisces With a little effort, you can tie up loose ends and feel good about what you've accomplished. Consider getting rid of old items and possessions that you no longer use. EUGENIA LAST

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

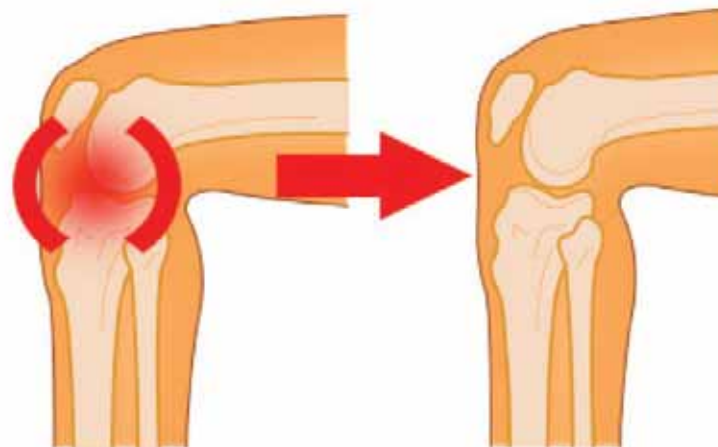
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

LIFESTYLE



Tracy Edwards on her game-changing *'Maiden'* voyage

The subject of a new documentary talks about leading the first all-female crew to sail around the world.



PAT KING
patrick.king@metro.us

The new documentary "Maiden," by Alex Holmes, follows the incredible true story of Tracy Edwards who, at 27 years old, was the skipper of the first all-female crew to complete the Whitbread Round the World yachting race. Edwards bought the ship, which the film is named after, in 1987 after spending years in the male-dominated industry and decided to fight for equality by sailing in the race between 1989 and 1990.

The film, opening this Friday, was pulled together from footage shot by crew members Jo Gooding and Tanja Visser and shows both the struggles the crew experienced at sea as well as the negative reactions from naysayers on land. We spoke with Edwards to see what it was like to

relive her extraordinary story through this new film.

Before becoming the captain of your own ship, you had worked within the yachting business under numerous different positions — and for the most part, as the only female working onboard. What was the decision behind starting an all-female crew aboard the Maiden, and how was it met by the yachting community?

Basically, I looked at the world as it was, and I thought I didn't like the world as it was because I didn't fit into it in the way that I wanted to. So I'm going to have to create my own world and to do that I'm going to have to approach it myself. Because I wanted to be a navigator. I wanted an all-female crew. I knew we could do this because I had just done it! I didn't know what all the fuss was about. I thought, we'll do it. We'll prove we can do it, and we'll start to change things where we'll all get the jobs that we want on boats. I think as the project went on, I didn't quite realize the

backlash against us was going to happen and the specific nature of the comments that we would provoke. It didn't have as much of a big picture at all for all of us in that we realized we're not doing this just for us and what we want to achieve. This is way bigger. This is not just about sailing. The bad stuff just made us more determined.

I feel like a lot of people may not understand how grueling and difficult sailing around the world really is. Do you think the film did a good job of showing the obstacles you had to overcome?

I think what Alex has done so beautifully is the flow of the story. In a way, I didn't realize until I watched the film how we were developing throughout the film. It's impossible to capture completely what it's like down there unless you have a perfect sensory experience with the cold, the wet, the pain, and everything else. I think what he has done is he has taken amazing pieces of Jo's footage and really sewn them together. He

wasn't there, but he gets it! I do think it does a good job of showing the struggle that we went through.



In the film, you say that the ocean is always "actively trying to kill you." That was such an interesting way to look at it.

It's just a very sensible thing to keep in mind, because if you have that in your mind then you are very aware of the fact that it's not going to make friends with you. It's not going to react a certain way because you don't like it or you like it. It does what it does. It does its own thing. You

have to come to terms with that and you have to understand that and respect that. It's a very honest part of your life.

It was so striking in the film that, even when you and your crew achieved such an amazing feat, sailing in your bathing suits elicited such a misogynist response from the press and other sailors in the race. That must have been infuriating.

I think that all of us wouldn't have done it if we hadn't won two legs [of the race]. We felt that we had won the right to wear whatever the hell we like. I have had younger women come up to me and say, "You should be proud of doing that because you've earned the right." I think any chauvinistic reaction we got from that was completely ignored. I think the stuff we did get annoyed about was the almost inability of some people to accept the fact that we had won legs and had done really well. We were like, what else do we have to do to prove this?

The film shows you drinking your first beer after completing the race and your facial expression is absolutely priceless. It looks like the most refreshing drink of all time. Do you remember that moment fondly? Yeah [laughs]. We were very cheap dates because you couldn't drink alcohol on the boat. One beer and that's it, you're done for the evening. Everything is a heightened treasure when you go sailing. You do spend a lot of time thinking about food. We freeze-dried food on the boat, which is basically mush. You think about biting into an apple or crunching into something. I used to dream about glasses of milk. I would picture them cold with condensation running down the outside. We would torture ourselves with these images [laughs]. Of course, when you get in, often in life things aren't as great as you'd imagined. But of course, after spending six weeks at sea, you bite into an apple and it's everything you wanted it to be and you savor every moment!



The stunning Yayoi Kusama Infinity Room.

Yayoi Kusama's insanely popular infinity rooms return to New York this fall

If you didn't get to experience the magic yet, you're not out of luck.

ALEXANDRA ALEXA,
6QFT
letters@metro.us

When Yayoi Kusama last took over David Zwirner Gallery with one of her Infinity Mirror Room installations in 2017, over 75,000 people flocked to experience the awe-

inspiring (and very selfie-friendly) exhibition. At times during its 80-day run, the show was so popular that visits were limited to 60 seconds and wait times reached six hours. If you weren't one of the lucky ones then, you'll get another chance this fall when a new exhibition dedicated to the artist's work opens at David Zwirner on November 9, as Time Out reported.

Over the course of her career, Kusama has pro-


duced more than twenty Infinity Mirror Rooms—installations that use mirrors to translate the repetitive nature of her 2D works into kaleidoscopic environments that give the illusion of infinite space. As many have noted, the highly-Instagrammed works provide a perfect backdrop for selfies—though we recommend leaving your cell phone outside and making the most of your allotted time. Alongside

new Infinity Rooms, the exhibition will feature a collection of Kusama's signature polka-dot paintings and sculptures. Further details haven't been released yet but we can be sure of one thing: it will draw huge crowds, so plan accordingly.

This story was provided to Metro through an agreement with 6sqft. Visit www.6sqft.com for more NYC neighborhood news.



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NYC zip codes turn up silver for residents

Sealed Vault Bags full of heavy silver bars are actually being handed over to the first New York residents who find their zip code listed in today's publication and call before the 48 hour order deadline ends to claim the bags full of valuable silver

NATIONWIDE – Operators at the National Silver Hotline are struggling to keep up with all the calls.

That's because Silver Vault Bags loaded with a small fortune of .999 pure Silver Bars are now being handed over to everyone who beats the 2-day order deadline.

"It's like a modern day Gold Rush. New York residents will be hoarding all the silver bars they can get their hands on for the next 2 days. This comes as no surprise after the standard State Minimum set by the Federated Mint dropped 42%, going from \$50 per bar to just \$29 making these Silver Vault Bags a real steal," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"As executive advisor to the private Federated Mint, I get paid to deliver breaking news. And here's the best part. This is great news for New York residents because it's the lowest ever State Minimum set by the Federated Mint," said Withrow.

The only thing residents need to do is find the first 3 digits of their zip code on the Distribution List printed in today's publication. If their zip code is on the list, they need to immediately call the National Silver Hotline before the 2-day order deadline ends.

Residents who do are cashing in on the record low State Minimum set by the Federated Mint. This is a real steal for residents because each Silver Vault Bag loaded with 10 New York State Silver Bars is normally set at \$500 which is the standard \$50 per heavy half ounce bar State Minimum set by the Federated Mint. But here's the good news. Residents who call today get the lowest ever State Minimum set by the Federated Mint of just \$290 for each New York Silver Vault Bag which is just \$29 per bar as long as they call the National Silver Hotline at: 1-866-874-7770 EXT. FMM1875 before the deadline ends.

Phone lines open at pre-

(Continued on next page)



■ **NEW YORK RESIDENTS CASH IN:** It's like a modern day Gold Rush. Everyone's scrambling to get their hands on the heavy, Jumbo Silver Ballistic Bags pictured above before they're all gone. That's because residents who find the first 3 digits of their zip code printed in today's publication are cashing in on the lowest ever State Minimum price set for the next 2 days by the Federated Mint.

► **Who gets the Silver Vault Bags:** Listed below are the U.S. zip codes that get the Silver Vault Bags. If you find the first 3 digits of your zip code immediately call: **1-866-874-7770 EXT. FMM1875**

005	077	105	111	117	123	129	135	141	147
063	100	106	112	118	124	130	136	142	148
068	101	107	113	119	125	131	137	143	149
070	102	108	114	120	126	132	138	144	
074	103	109	115	121	127	133	139	145	
076	104	110	116	122	128	134	140	146	

(Continued from previous page)

cisely 8:30 A.M. this morning and are expected to be flooded by New York residents looking to cash in on the lowest ever State Minimum set by the Federated Mint to date. That's why NYC area residents who find their zip code on the distribution list today are being urged to call immediately.

Since this special advertising announcement can't stop dealers and collectors from hoarding all the new 2019 Edition New York State Silver Bars they can get their hands on, the Federated Mint had to set a strict limit of three Jumbo Silver Ballistic Bags per resident - these are the bags everyone's trying to get because they contain 10 individual Silver Vault Bags each. Everyone who gets these will feel like they just hit the jackpot.

"Residents who want to cash in on the lowest ever State Minimum set by the private Federated Mint better hurry. That's because in 2 days, the State Minimum for these heavy half ounce New York State Silver Bars returns to the normal State Minimum set by the Federated Mint of \$50 per bar," Withrow said.

"We're bracing for all the calls and doing the best we can, but with just hours left before the deadline ends, residents lucky enough to find the first 3 digits of their zip code listed in today's publication need to immediately call the National Silver Hotline," Withrow said. ■



■ **SILVER HITS ROCK BOTTOM:** Everyone's scrambling to get the Silver Vault Bags each loaded with 10 solid .999 pure Silver State Bars before they are all gone. That's because the standard State Minimum set by the private Federated Mint dropped 42%, going from \$50 per bar to just \$29, which is a real steal.

IMPORTANT INFORMATION: If you find your zip code on the distribution list printed in today's publication read below then immediately call: **1-866-874-7770 EXT. FMM1875**

► **I keep calling and can't get through:** Keep trying. Right now everyone's looking to cash in on the lowest State Minimum ever set by the Federated Mint. In fact, tens of thousands of residents are expected to order up as many Silver Vault Bags as they can get their hands on before the deadline ends. That's because the State Minimum set by the Federated Mint has been slashed from \$50 per heavy half ounce to just \$29 for the next 2 days. And since each Silver Vault Bag contains 10 valuable State Silver Bars for just \$290 nearly everyone is taking at least three bags before they're all gone. But all those who really want to cash in are taking the Jumbo Silver Ballistic Bags containing 100 State Silver Bars before the State Minimum set by the Federated Mint goes back up to \$500 per Vault Bag. So if lines are busy keep trying.

► **How much are the Silver Vault Bags worth:** It's hard to tell how much these Silver Vault Bags could be worth since they are highly collectible, but those who get in on this now will be the really smart ones. That's because the State Minimum set by the Federated Mint goes back up to \$500 per bag after the deadline ends. So you better believe that at just \$290 the Silver Vault bags are a real steal for everyone who beats the deadline.

► **Can I buy one State Silver Bar:** Yes. But, the lowest ever State Minimum set by the Federated Mint of just \$29 per bar applies only to residents who purchase a Silver Vault Bag(s). That means only those residents who order a Silver Vault Bag(s) or the heavy, Jumbo Silver Ballistic Bag(s) get the \$29 per bar State Minimum set by the Federated Mint. All single bar purchases, orders placed after the 2-day deadline and all non-state residents must pay the standard \$50 per heavy half ounce Bar State Minimum set by the Federated Mint.

► **Why is the State Minimum set by the Federated Mint so low now:** Thousands of U.S. residents stand to miss the deadline to get the silver at the lowest ever State Minimum set by the private Federated Mint. Now all residents who find the first 3 digits of their zip code on the Distribution List printed in today's publication are getting the Silver Vault Bags for themselves and all the solid .999 pure State Silver Bars found inside. The price for each Silver Vault Bag is normally set at \$500 which is the standard \$50 per bar State Minimum set by the Federated Mint, but residents who beat the 2-day deadline only cover the lowest ever State Minimum set by the Federated Mint of just \$290 for each State Silver Vault Bag which is just \$29 per bar as long as they call the National Silver Hotline before the deadline ends at: **1-866-874-7770 EXT. FMM1875**. Hotlines open at 8:30 A.M.



PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL OF SOLID HALF OUNCE STATE SILVER BARS

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Jackson fans sing, sob, leave sunflowers and roses on 10th anniversary of death

It was an emotional day for Michael Jackson fans.

With roses crafted into heart shapes and crowns made of bright yellow sunflowers, Michael Jackson fans from as far afield as Iran and Japan paid tribute Tuesday to the King of Pop on the 10th anniversary of his death.

Several hundred fans gathered outside his burial place in the Forest Lawn cemetery in Glendale, north of Los Angeles, and held a minute's silence at 2:26 p.m., the moment when Jackson, 50, was pronounced dead on June 25, 2009. They then broke into a rendition of "Heal the World" as some mourners quietly sobbed, hugged or wiped away tears.

Fans, some dressed

"A decade later, Michael Jackson is still with us, his influence embedded in dance, fashion, art and music of the moment. He is more important than ever,"

The Jackson estate

like Jackson, placed posters, dolls, sequined gloves and even a red jacket like the singer's signature "Thriller" outfit outside the private mausoleum where he is buried.

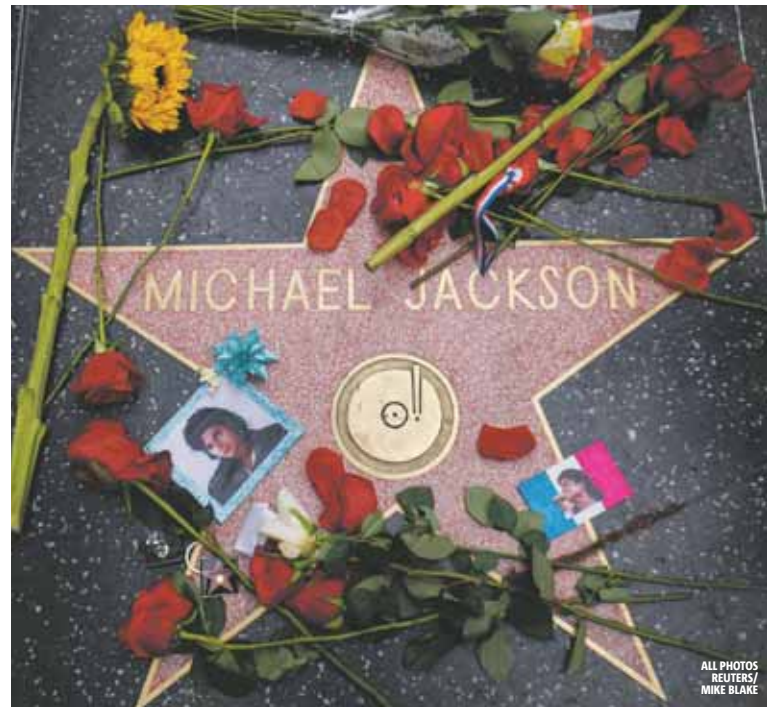
"Forever King," "We'll never forget you" and "We'll never let you part" read some of the messages from Iran, Hungary and Japan.

Joan Simons traveled to the cemetery from the Netherlands, meeting up with people she had met on fan Facebook

groups over the years. "We all feel the same - the love for Michael as a person, his music," Simons told Reuters.

Jackson died at his Los Angeles home after an overdose of the powerful anesthetic propofol, which he was using as a sleep aid. His doctor, Conrad Murray, was convicted at a 2011 trial of involuntary manslaughter.

"A decade later, Michael Jackson is still with us, his influence embedded in dance,



ALL PHOTOS
REUTERS/
MIKE BLAKE

fashion, art and music of the moment. He is more important than ever," the Jackson estate said in a statement marking the anniversary.

While Jackson's death was met with a wave of grief in 2009, his reputation has come under scrutiny again because of the documentary "Leaving Neverland," in which two men gave emotional accounts of

what they said was sexual abuse by the singer in the 1990s when they were boys.

Jackson was acquitted on charges of molesting a different boy in 2005, and his family have denied the accusations made in the documentary.

"People are going to believe what they want to believe. But if they really do their research,

they'll know the truth," Rem Garza, 22, a Jackson impersonator from Long Beach, California, said on Tuesday.

Carla Tonti said she traveled from Florence, Italy, to the cemetery with her 79-year-old mother, Sabrina. "We feel like as if we are close to the people who just enjoy Michael as much as we did," Tonti said. **REUTERS**



HEATHER SCOTT

For Chernow and Churchill, it's for the grill of victory

Chefs Michael Chernow and Dan Churchill are cooking it up on the grill and on the marathon trail for City Harvest.

JEFF TOMKO
jeff.tomko@metro.us

Being fitness fanatics, as well as healthy-food A-listers, helps make chefs Michael Chernow and Dan Churchill the perfect City Harvest ambassadors.

Chernow, the body-building owner of seafood haven Seamore's, and Churchill, the executive chef at popular sustainable-food cafe Charley St, will lead teams of runners in November's New York City Marathon. The goal is to help raise \$250,000 for the city's largest food-rescue organization.

"We're both like-minded chefs into wellness," Churchill says. "We're lucky to grow up in an age to help promote the lifestyle. When we get together we're like bros. And when City Harvest came calling, it was a natural fit for us."

While marathon training hasn't started, healthy eating is a year-round program for both. One way to stay healthy while enjoying the summer grilling season is using these fish-grilling tips both Chernow and Churchill share.

Grilling steak? Piece of "cake"

Having problems knowing when to remove your steak (or chicken) from the grill? Both chefs agree using a cake tester can help prevent your slab of meat from becoming charred. Place the thin rod in the thickest section for a few moments, then place it against your bottom lip. If it's cold, it's undercooked; scalding, you've overcooked it. "If it's lukewarm, take it off, it's done," Churchill says.

Buy fresh and seasonal

Salmon and cod are the popular fish-grilling choices, but both chefs agree there are plenty of other fish in the sea, or in this case, the Atlantic — one being porgy. About the size of your hand, the protein-packed porgy is a flavorful bang for your buck, and easy to cook. With a dash of salt and some lemon, porgy can be either grilled or steamed. "It's really simple, nice, thin, delicate and super-oceanic," Chernow says. "It's very local, and sustainable. You don't see it on a lot of menus but we serve it [at Seamore's]."

Stop "flipping" out

We all become spatula maestros when we're standing over a grill, but

too much flipping and you'll end up with fish fragments mixed with the charcoal below the grates.

To prevent sticking and breaking, make sure your grill is hot ("hotter than hot," Chernow says). Rub the grates with olive oil, lay your fish skin-side down, Chernow says. "Otherwise the fish is gonna break, and then you have a disaster."

Do not touch, they say, until the fish begins developing an opaque color about 75 percent through.

"Set it, forget it," Chernow says. "Put it on the grill and DO NOT move it."

Eggplant: It's more than an emoji

Unlike a burger and fries, your fish should have a healthy and tasty vegetable sidekick. While you can't go wrong with reliable grilled asparagus, both Churchill and Chernow agree eggplant deserves a shot on your grill.

Technically a fruit, this antioxidant and nutrient juggernaut makes a colorful plate addition. "One eggplant should make a nice side for about four people," Chernow says. "It's moist and delicious — and you can eat the skin."

To grill eggplant, they suggest coating it first with olive oil and sprinkling with salt before wrapping it in foil. Place it on the grill for about 40 minutes. Remove, slice down the

center, then butterfly before adding salt and parsley.

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TRAVEL



ALL PHOTOS ISTOCK

4 Beach vacations that maximize your points and miles



NerdWallet is a
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Many travelers who squirrel away travel rewards are saving for an oceanfront vacation, paid for with points instead of cash. To make the most of your rewards, start by looking for the highest-value hotel redemptions, then check award flights. Here are four beach destinations where you could soak up the sun using points and miles.

Keep in mind that availability is limited, and award charts, redemptions, transfer options and deals can change. Remaining flexible is key to getting the most out of your points and miles. Remember, too, that if you're not careful, interest charges, late fees and careless spending on a rewards credit card could cost you more than you can save with your points.

Kauai with Marriott Bonvoy Points

Sheraton Kauai Resort, right on the sand at Poipu Beach, may be one of the top rewards redemption deals out there. The Bonvoy rewards program ranks this relaxing piece of paradise as a Category 5 redemption, meaning rooms there start at 35,000 points per night. From your Kauai home, enjoy boat tours of the breathtaking Napali Coast, plan hikes through Waimea Canyon or golf at some of the nearby courses.

To put that in perspective, consider that the Courtyard by Marriott in crowded Waikiki (a 10-minute walk from the beach) is a Category 6 redemption, meaning rooms start at 50,000 points per night.

Get there with miles: Fly into Lihue Airport using American Airlines AAdvantage miles on nonstops from San Francisco starting at around 45,000 miles round trip.

Aruba with IHG points
Aruba offers a sun-drenched Caribbean escape outside the hur-

ricane belt, making this island retreat an irresistible option for late-summer travelers. And unlike many destinations where reasonably priced accommodations are a block or three from the ocean, here you'll find the affordable Holiday Inn Resort: Aruba-Beach Resort & Casino right on the beach, with rooms starting at 40,000 IHG points per night. From this sensibly priced base camp, you can go diving off Hadicurari Beach or enjoy Aruba's famous nightlife.

Get there with miles: American Airlines passengers out of Dallas can find connecting flights to Aruba for as little as 25,000 miles round trip. Southwest passengers flying from Boston might find round trips as low as 23,000 Rapid Rewards points, though most dates start around 46,000 points.

Mauritius with Hilton Honors

Looking for something a little more exotic? Something far, far away? Hilton Honors members can find their slice of heaven in the Indian Ocean, about 1,200



miles off the southeast coast of Africa, at the Hilton Mauritius Resort & Spa.

The beaches and the too-green-to-believe mountain peaks are the very definition of island beauty. But even paying with points, this place is a splurge: Rooms start at around 70,000 Hilton Honors points per night at a place where a free hotel can offset the cost of ultra-long-distance flights (not to mention the psychological hurdle of committing to a vacation so far from home).

Get there with miles: Passengers departing New York's Kennedy International Airport can find con-

necting flights on Air France for around 90,000 Flying Blue miles (which can be transferred to some other loyalty programs in a 1-to-1 points conversion through some issuer programs).

From Los Angeles, scant award seats for this journey are available on British Airways for upward of 100,000 Avios round trip.

San Juan, Puerto Rico, with Bank of America points

For a truly unique experience, stay a few miles from the beach at the historic Hotel El Convento in Old San Juan, which was built as a

Carmelite convent about 350 years ago. This historic, boutique-style hotel is your luxury home base for exploring Castillo San Felipe del Morro and cobblestone streets lined with colonial structures. Bank of America Rewards members will find rooms there starting at about 28,000 points per night.

Get there with miles: Arrive from Baltimore on Southwest Airlines starting at 31,000 Rapid Rewards points round trip.

This article was written by NerdWallet and was originally published by The Associated Press. JUNE CASAGRANDE

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New England destinations worth a visit this summer

Although the snow of winter and foliage of fall can turn New England into a picturesque landscape worthy of a postcard, summer is truly the best time to explore the region we call home. Whether you're looking to relax on sandy beaches or roam expansive hiking trails, New England has it all. Here are five destinations worth a weekend trip this summer.

MILFORD, CONN.
The coastal Connecticut town, which was recently praised by The New York Times, is a great place to visit during the summer. Milford features 14 miles of shoreline, the most of any city in the state, comprised

of five public beaches as well as a state park. Take in a scenic view of Long Island Sound from the pier at Walnut Beach and cool off with a scoop of ice cream from the famed Walnut Beach Creamery.

SALEM, MASS.

The Bay State town is infamous for its history with witchcraft, but there's more to Salem than its haunting past. Enjoy the sun and have some outdoor fun on Winter Island, which is home to the beautiful Waikiki Beach as well as the Pickering Lighthouse. While you're in town, don't forget to visit the gorgeous Peabody Essex Museum and make sure to get your game on while sipping on delicious craft beer at Bit Bar.

PORTLAND, MAINE

What's not to love about Portland? From its breathtaking coastline to its ever-growing foodie scene, the Maine city is the perfect place to visit for a summer weekend trip in New England. Make sure to get an Instagram-worthy shot of one of Portland's six scenic lighthouses like the Portland Head Light, and fill up on lobster rolls at local joints like the Highroller Lobster Co.

WESTERLY, R.I.

As one of Rhode Island's more popular summer destinations, Westerly always heats up as folks flock to the town when the temperatures rise. Westerly is home to



several well-known beaches, including Weekapaug Beach, Westerly Town Beach and Watch Hill Beach. Take the family for a day trip to Misquamicut State Beach, which features over a half-mile of beachfront that's perfect for sunbathing, sand castles and boogie

boarding.

WHITE MOUNTAINS, N.H.

If you prefer lush forests to sandy beaches, then head to New Hampshire this summer. The New England state's famed White Mountains are a haven for hikers, so strap

up your boots and get your walking stick. As you travel around the expansive area, make sure to stop at Franconia Ridge for a gorgeous view of the scenery or hike your way to the picturesque Arethusa Falls to see New Hampshire's tallest waterfall. **METRO STAFF**

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TRAVEL

PAT KING
patrick.king@metro.us

The year 2019 has officially been coined the “Year of Wellness and Soft Adventure” on the island of Barbados. For those unfamiliar with the island, this description could not be more appropriate as the country is known for maintaining a healthy balance between exploration and well-being.

The ECO Lifestyle Lodge is an intimate boutique hotel located on Tent Bay that embodies this well-rounded approach. The hotel is one of a number of different properties on the island that are making an effort to go back to nature. Their restaurant, helmed by Le Cordon Bleu-trained Executive

Chef Alisha Dawn Stoute and renowned international chef Manuela Scalini, has gone completely vegan with delicious dishes made from farm-to-table produce found locally on the island.

The ECO makes caring for the environment one of its top priorities, as it has earned a Green

Globe Certificate for its dedication to composting and recycling. All of the water at the resort is heated using solar energy and guests are given eco-friendly toiletries as well as reusable water bottles to cut down on unnecessary waste.

This trend of co-existing with nature could

not be more evident than at People Environment Growth (PEG) Farm. This biodynamic farm school allows guests to take tours and camp on their grounds with fresh farm-to-table dishes at the Chrysalis Cafe like their Raised and Braised Hen, Chicken Papaya Salad, Pulled Pork Papaya Pan-

cakes, and refreshing drinks like the Basil and White Wine Spritzer.

After making a connection to the landscape, practicing relaxation and mindfulness at one of Barbados’ luxury meditation retreats will help to re-center the connection between your mind and body with the beautiful

island scenery in front of you.

Lokahi Forest Therapy offers a number of different yoga, Pilates and retreats within the 53-acre Coco Hill rainforest overlooking the East Coast of Barbados. Lokahi puts a focus on “Green Therapy,” sending guests on long walks through the forest while breathing in the therapeutic oxygenated trade winds of the Atlantic Ocean. As you disappear within the trees, you can book yoga and Pilates classes catered to all levels of experience, with the option of booking one-on-one time with an instructor.

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SPORTS



A glance at London Stadium ahead of the Red Sox versus Yankees series this weekend.

GETTY IMAGES

European vacation for Sox, Yanks

Baseball's top rivalry will be on display in London this weekend.



MATT BURKE
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Baseball is the most "old school" sport in the United States, but give

MLB commissioner Rob Manfred credit for trying something new.

The Red Sox and Yankees, who partake in arguably the greatest rivalry in American sports history, will square off this weekend in London, England. It will be the first Major League Baseball game played in Europe.

MLB has played games outside of North America in the past, with many regular season contests having been played in Japan. But this will be the first time we see baseball "just across the pond."

It's an historic event for sure, though there have been some snafus associated with the two-day showdown. First is the ballpark itself.

The Sox and Yanks will face one another at London Stadium, which was the site of the opening and closing ceremonies during the 2012 Summer Olympics. The stadium seats 66,000 and is typically the home of the West Ham United soccer team.

There is going to be some insane foul territory in London, given how massive the playing surface is, so basically any foul ball will be up for grabs for the respective first and third basemen of the Sox and Yanks.

One of the many "firsts" in this game will be that it will be the inaugural time the Red Sox and Yankees play one another on artificial turf as Fenway Park and Yankee Stadium have always had grass fields.

The dimensions of the field in London is quite cookie-cutter compared to the quirks of both Fenway

and Yankee Stadium. At London, it will be 330-feet to both the left field and right field foul poles, and 385-feet to center. There is also a 16-foot wall in center field that MLB senior field coordinator and consultant Murray Cook appropriately titled, "a mini Green Monster."

Another element to factor in to this weekend's series is that the Red Sox and Yankees will NOT be the top billing in England. The famed Glastonbury music festival takes place this weekend, as does the Cricket World Cup.

The Sox - Yankees game is expected to be a sell-out, but in no way is it a "tough ticket" as there were seats as cheap as \$61 available on StubHub this week.

Big series for Sox

Given the locale, and considering it's not even the Fourth of July yet the two games that will be played in London between the two old rivals will not be considered "do or die." But make no mistake - these are two games that the defending World Series champion Red Sox would definitely love to have.

The Sox' title defense

is not going so well as they own a record of 44-37 and are eight games behind the Yankees in the American League East standings. Dropping both games in the series would put Boston a full 10 games behind their rivals.

The pitching matchup for Saturday's opener (1 p.m. Eastern Standard Time, FOX) will be the Yankees' Masahiro Tanaka facing Boston's Rick Porcello.

Tanaka (5-5, 3.21 ERA) has been something of a Red Sox-killer in recent years, as he was one of the few Yankees that performed well in the two teams' ALDS matchup last October. In Game 2 of that series (a 6-2 New York win), Tanaka allowed just three hits and

one earned run in five innings.

Toeing the rubber for the Sox on Saturday will be Rick Porcello (5-7, 4.52 ERA), who has been up and down of late. The righty blanked the Twins on June 17, but was then roughed up by the Blue Jays in his next outing to the tune of five earned runs.

In the Sunday meeting, which will be played at 10 a.m. Eastern (FOX), Eduardo Rodriguez will get the ball for Boston. Rodriguez (8-4, 4.87 ERA) has also been hit or miss lately as he's given up four earned runs or more in three of his last five starts.

The Yankees have not yet named a starter for Sunday's finale.

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HOME RUN-HAPPY MLB RUINING THE GAME

OPINION



**JOE
PANTORNO**
@JoePantorno

I don't like to think I'm old-fashioned considering I'm three years shy of a 30th birthday. However, I'm finding myself in a curmudgeonly state every time I put on a baseball game.

And it has me feeling like the old guy yelling at everyone to get off his lawn.

Major League Baseball is gutting the game of its heart and soul — turning America's Pastime into nothing more than a home-run derby.

Blame it on the new, smoothed down, aerodynamic baseballs that many accuse of being "juiced," but home runs are continuing to leave the parks at a record pace in 2019.

Entering Wednesday night, the 30 teams of Major League Baseball have combined to hit a mind-numbing 3,185 home runs this season. On that current pace, we could see as many as 6,609 round-trippers hit this year. That destroys the MLB record of 6,105 hit in 2017.

The ball is simply flying out of the park in alarming fashions. Seeing guys go down and outside of the zone to "muscle" the ball over the wall has become commonplace. Contact that looks like nothing more than pop flies remarkably carries into the seats.

It's happening everywhere. Even in ballparks that were once considered pitcher friendly.

Just take a look at Citi Field, the home of the New York Mets which has often been a difficult place for hitters to sustain consistent power numbers.

Three years ago, we saw an average of 0.798 home runs per game, that number has jumped up to 0.968 home runs per game through three months of the 2019 season.

Mets fans though are going to tell you a trainwreck of a bullpen might have something to



GETTY IMAGES

do with that.

Regardless, this all-or-nothing approach is starting to take some of the nuances out of the game.

I get why the league could be peddling this home-run-happy era. Popularity in the game continues to decrease compared to the NFL and NBA and mammoth home runs are always going to move the meter with sports fans.

Fans on social media are likely going to stop and watch an earth-shattering Mike Trout blast than a gapper down the line by Nick Castellanos. A number of you probably don't even know where Nick Castellanos plays.

Hence my point.

On a more important level, I feel as though the premise of small ball is going to be lost upon the younger generation of players.

A majority of big-bopping sides are still going to meet their downfall in the playoffs when they run into good pitching. That's why small ball is so important.

Managers need to ensure that their players can hit the ball to the right side to move a baserunner from second base to third. A borderline power hitter has to be willing to lay down a sacrifice bunt to move runners into scoring position.

A batter behind the count should know to shorten up their swing

when behind the count, flicking the ball the other way to scratch out a single rather than add another strikeout to the ledger.

All these home runs are making Major League Baseball a one-dimensional game.

Despite all the big flies, scoring is down. We are seeing teams score an average of 4.79 runs per game in 2019. Since 1900, there have been 25 seasons in which teams are averaging more runs per game.

Strikeouts continue to rise at an alarming pace at 8.71 K's per game, the most in league history, while the league's average on-base percentage is at an anemic .322. There have been only 50 MLB seasons since 1871 to see lower on-base percentages.

This all-or-nothing approach might be good enough for those new-age fans, which will be good enough for Major League Baseball. I get that. It's 2019 and the game needs a facelift.

However, there is going to be a faction of fans that long for the days of opposite-field gappers, well-timed sacrifices, and perfected hit-and-runs.

The numbers show that it could result in more runs, anyway. So consider me a member of that faction as I long for the days of doubles to left and triples to right.

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SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF BRONX
YVONNE FOSS, as Executor of the Estate of Thelma E. Pinel a/k/a Thelma Pinel and JOSANNE BEUSE, as Executor of the Estate of Omer Pinel a/k/a Omer Pinel Fereol, Plaintiffs,
-against-
Estate of ROSINA ZUPI, Rose Ann Cascardo Barbuto, Adrienne Cascardo Basciano, Frances Cascardo Clapper, Theresa Zupi Forster, Joann Zupi McGrath, Rosemarie Zupi Mills, Carol Zupi Cricchio Lee Zupi Capurro, et al. Defendants.

Index No. 23663E/2018

SUMMONS

TO THE ABOVE NAMED DEFENDANTS:
YOU ARE HEREBY SUMMONED and required to serve upon Plaintiffs' attorney an answer to the complaint in this action within twenty (20) days after the service of this summons, exclusive of the day of service, or within thirty (30) days after service is complete if this summons is not personally delivered to you within the State of New York. In case of your failure to answer, a judgment will be taken against you by default for the relief demanded in the complaint.

The basis of the venue designated is the situs of real property at issue. Summary: this is a declaratory judgment action pursuant to RPAPL § 1515 action to determine the interests of estate fiduciaries to unimproved land known as 944 East 230th Street, Bronx, New York 10466 identified on the tax map of the City of New York, Borough of Bronx as Block 4865, Lot 87.

Dated: Carmel, New York March 29, 2018

Michael V. Caruso, P.C.

3871 Danbury Road

Brewster, NY 10509

(845) 207-5452

Attorneys for Plaintiff

To: Estate of ROSINA ZUPI

944 East 230th Street, Bronx, NY 10466

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK,
NATIONAL ASSOCIATION,
Plaintiff against RICAURTE
A. REID, et al Defendants
Attorney for Plaintiff(s) Fein,
Such & Crane, LLP, 28 East
Main Street, Suite 1800,
Rochester, NY 14614
Attorney (s) for Plaintiff (s).
Pursuant to a Judgment of
Foreclosure and Sale entered
April 16, 2019, I will sell at public
auction to the highest bidder at the
Queens County Supreme Court,
Courtroom #25, 88-11 Sutphin
Boulevard, Jamaica, NY 11435
on July 26, 2019 at 10:00 AM.
Premises known as
621 Beach 65th Street,
Far Rockaway, NY 11692.
Block 16026 Lot 40.
All that certain plot, piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being
in the Borough and County of
Queens, City and State of
New York. Approximate Amount
of Judgment is \$410,660.35
plus interest and costs.
Premises will be sold subject to
provisions of filed Judgment
Index No 10314-2009.
Lawrence Litwack, Esq., Referee
XCHJC113

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that a license, Number TBA, for
Wine & Beer has been applied
for by the undersigned to sell
Wine, Beer & Cider at retail in a
Restaurant under the Alcoholic
Beverage Control Law at One
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Concourse Level New York, NY
10119. New York County, for on
premises consumption. Wasabi
Sushi Bento Penn Plaza LLC.

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for Restaurant Wine has been
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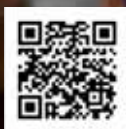
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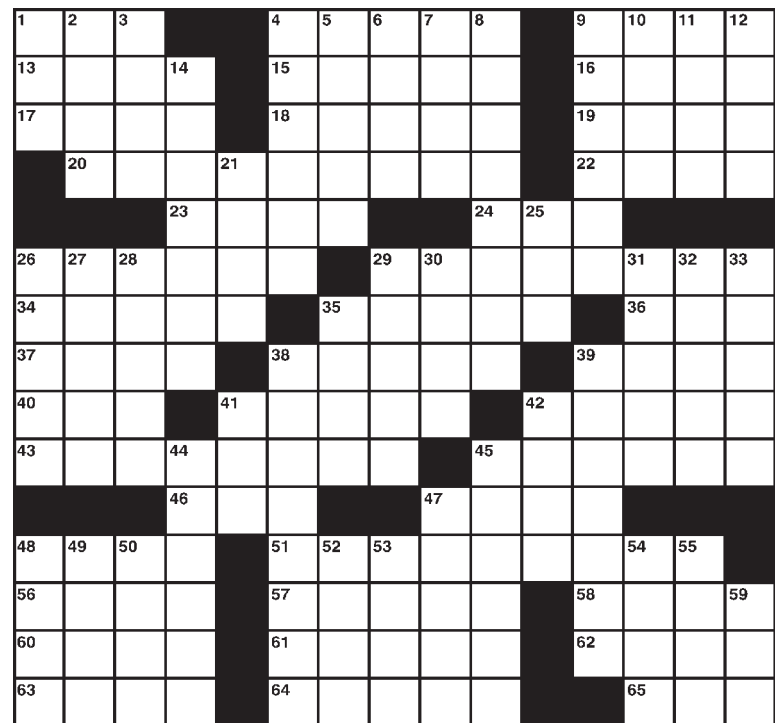
- 1 Tic-__toe
4 Part of a golf club
9 __ market; swap meet
13 Lubricates
15 "__, Dolly!"
16 Outdoor banquet
17 Horse's gait
18 Role on "M.A.S.H."
19 College study
20 Upper
22 Part of a three-piece suit
23 Captures
24 Knot-tying words
26 Soldier's casual wear
29 Put up with
34 Went wild
35 Small ducks
36 Massage
37 __ the moon; elated
38 Screwdriver ingredient
39 Gray wolf
40 Prefix for profit or sense

- 41 Loses hair
42 Ladies
43 In reality
45 Pet bird
46 Plato's "T"
47 Sharp taste
48 Fissure; split
51 __ to; as reported by
56 Up to the task
57 Cruel man
58 "All You __ Is Love"; Beatles hit
60 __ at; taunt
61 Moving gracefully
62 Fence opening
63 Wood splitters
64 Jed Clampett's por-trayer
65 Like sushi seafood

DOWN

- 1 Little child
2 Haughtiness
3 Blood __; thrombus
4 Bushes
5 Makes well
6 Actor Alan
7 French pastry
8 Burrito maker's need
9 Taste
10 Tempt
11 Dines

- 12 Vienna's nation: abbr.
14 Angry skunk
21 Motel employee
25 __ Moines
26 Sweden's currency
27 Chaos
28 FBI operative
29 Child's bear
30 White __; Maryland's state trees
31 Fragrance
32 Potato or yam
33 Blackish wood
35 Bridge-crosser's fee
38 Worth a lot
39 Yearning
41 Ewe's cry
42 Magician's stick
44 Says
45 Lurch out of control
47 Take __ cleaners; leave penniless
48 Rani's husband
49 Wild goat
50 Escape
52 Nursery bed
53 Severs
54 Close
55 " __ grip!"; cry to the hysterical
59 Mountain __; soft drink

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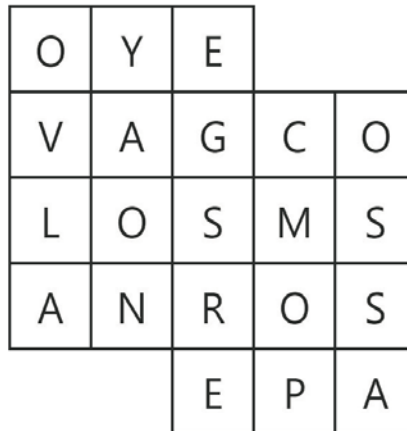
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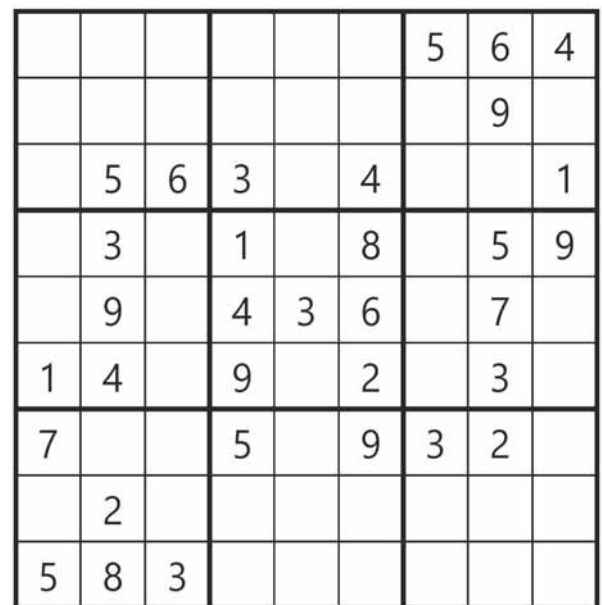
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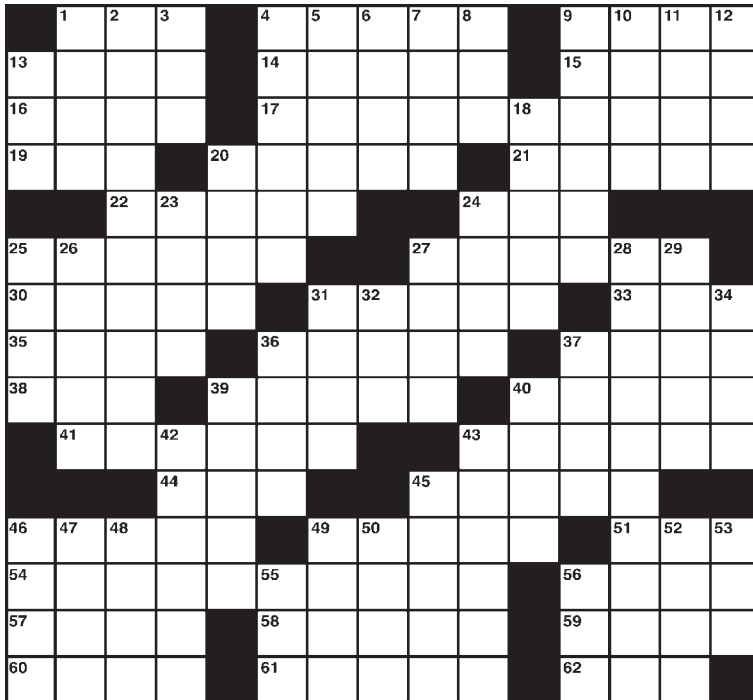


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ACROSS

1 Prefix for like or mount
4 Fireplace residue
9 Diminishes
13 Camp shelter
14 "Be quiet!"
15 Actor Wyle
16 As ___ as pie
17 Paint thinner
19 Mr. Linkletter
20 Trivial
21 Lubricated
22 ___ its ugly head; emerges
24 UK network
25 Crouches
27 Gets some shut-eye
30 Ill-gotten gain
31 Sandbank
33 "Caughtcha!"
35 Quaker product
36 Scale
37 Boring event
38 Fight result, for short
39 Skier's incline
40 Ointment
41 Before this time, to a poet
43 World ___; baseball

season finale

44 Get ___ of; eliminate
45 Biblical bread from heaven
46 "___ John B"; Beach Boys hit
49 Unable to see
51 Speedometer letters
54 "Alice in ___"
56 Boyfriend
57 Skillful
58 Small weight
59 In the past
60 Playthings
61 Cornered
62 Gobbled up

DOWN

1 Precious
2 Teacher
3 Animal enclosure
4 Fall flowers
5 Closes
6 Harm
7 Notice
8 Pronoun
9 Tempt
10 Cook lobster
11 Source of woe
12 Lean-to

13 Drink served hot or cold

18 ___ Peace Prize
20 Cracker spread
23 All ___; listening
24 Tell another's secret
25 Narrow opening
26 Natural disaster
27 Partial amount
28 British legislative body
29 Use a razor
31 Hard to teach
32 Stylish
34 Eras
36 Oaf
37 "Phooey!"
39 Shoot from hiding
40 "___ in the Clowns"
42 Wears away
43 Smoothed wood
45 Chop finely
46 Slap
47 Mexican wolf
48 Exclusively
49 Make indistinct
50 Path
52 Rate of speed
53 Color
55 Decay
56 Deadly critter

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EBBS TWEED HERO
AIL FUROR LOVER
NEARBY PUREST
DOA PECAN
STEMS CLARK TOE
TRAITOROUS UFOS
AUST LASSO PUPS
BETS EBSSEN ALS

Yesterday's Answers P. 27

BRAD STRIP CRAG
LANE THEDA EARL
ACTS RESISTANCE
BEA RAFT ASTHE
GAUNT PRE
ELOPED VERSES
LINED GOOEY SAT
MAID TRAWL SPRY
SRS PEEKS SNEAK
STARRY GAUCHE
RIM ALIBI
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RIVERBOATS BLUE
OVER ALIAS ELKS
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